

Fall Leisure Classes
September – December 2011

All classes require a Facility Usage Card. \$10 annually for Residents, \$46 annually for Non-Residents. *25% increase for Non-Residents

Imperial Park Recreation Center

Elements of Art & Design

Mondays, 9-1030a

\$65/Monthly

\$80- Non-Res

In Elements of Art & Design learn basic principles such as line, shape, texture, space, color, & volume. Participants will learn skills by using hands-on projects & crafts. There will be a final project at the end Of each week. \$10 supply fee paid to instructor.

Painting 101

Mondays, 1030-12p

\$65/ Monthly

\$80/Non-Res

In Painting 101 students will learn the fundamentals of various painting techniques. Large canvas painting Will be final project. \$10 supply fee paid to instructor.

iKids Lego Tech Classes

Thursdays, 10a

\$105/ Monthly

\$130/Monthly

Ages 3-7 yrs

Children will experiment with Lego products and robotics projects. Class incorporates technology, Math, science, & literacy skills!

iKids Little Kids Computer Classes

Thursdays, 4:30p

\$95/ Monthly

\$120/ Non-Res

Ages 2.5 – 7 yrs

Students will learn basic computer skills and keyboarding. Children can continue the learning adventure at home with access to our online activities!

iKids Piano & Music Class

Thursday, 9p

\$105/ Monthly

\$130/Non-Res

Ages 3-7 yrs

Students will learn traditional music skills, with modern technology. This class incorporates a multi-media Approach by utilizing a piano connected to a computer.

Jazzercise

M,T,W,Th,Sat 9a

Call 281.545.1023 to Register

Jazzercise Lite

T & Th 10a

Call 281.545.1023 to Register

Ladies Fitness Camp

T & Th 8-9a

\$80/monthly

\$100/Non-Res

This camp will boost your metabolism, reduce stress, and help you lose weight! Participants will learn how to use Resistance bands, med balls, dumbbells, and their own body weight for effective workout that will improve Cardio, balance, agility, and flexibility.

Stroll Fit by Baby Boot Camp

Fridays 8-9a

\$32/monthly

\$40/Non-Res

Cardio, strength training and fun are combined to create effective workouts that get results. In a safe and Interactive fitness class, parents use strollers, resistance training, and body weight to achieve muscular Strength, cardiovascular fitness, and weight loss. We utilize a cross training method of mixing intervals of cardio And strength training that work on toning all muscle groups. \$60 one-time equipment fee required.

Restore the Core- Mat Pilates

Thursday 7-8p

Saturday 10-11a

\$60/monthly

\$75/Non-Res

Restore the Core will help get rid of that dreaded low tummy pooch! This is a mat Pilates-based class that Focuses on the abs, glutes, hamstrings, and back. All fitness levels are welcome. This class is for anyone who wants A stronger core!

Yoga For Everybody, Ken Hainline RYT

Tuesday 7:15-8:15pm

Thursday 10:30-11:30am

Saturday 9:00-10:00am

First Colony Community Center

Wednesday 7:15-8:15pm

Thursday 7:15-8:15pm

281.265.0770 www.y4eb.com to Register

Zumba

Monday, 730p

Thursday, 530p

Saturday, 11p

\$80/ Monthly

\$100/Non-Res

Zumba involves dance and aerobic elements. Unlike a typical dance class where counts are used, Zumba involves following the music with repetitive movements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included.

Fencing

Fridays, 530-730p

\$65/ Monthly

\$80/Non-Res

Students will learn basic fencing such as footwork, bladework, & bouting tactics. Class will progress to advanced techniques. Class follows United States Fencing Association Guidelines.

Tae Kwan Do 50+

M&W, 10a

\$40/Monthly

\$50/Non-Res

This beginners Taw Kwon Do class is perfect for the active adult! Increase cardio and flexibility while Learning the traditional Korean martial art. \$30 uniform fee paid to instructor.

Karate

June-August, September-December

Tuesdays, 630-730p Ages 5-12

Tuesdays, 730-830p Ages 13+

\$45/Session

\$55/Non-Res

Learn the fundamentals of the traditional martial art such as blocks, punches, and kicks. \$30 uniform Fee paid to instructor.

Zumba

M&W, 530p

\$25/Monthly

\$30/Non-Res

Zumba involves dance and aerobic elements. Unlike a typical dance class where counts are used, Zumba involves following the music with repetitive movements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood. Squats and lunges are also included.

Zumba Gold (beginners)

M&W, 1:30p

\$50 /Monthly

\$60/Non-Res

Bodysculpting & Conditioning Class

Tuesday & Friday 11:15-12:15

\$50/monthly

\$60/Non-Res

Everything must go! Get ready for this total body work out with metabolic exercises that will get your heart Pumping and face sweating. Body sculpting & Conditioning is a strength-training class that combines cardiovascular work, intervals, balance/core training, martial arts, and plyometrics. Using dumbbells and bodyweight exercises, this total body, high-intensity class is designed to tone and shape all major muscle groups to enhance muscular strength and endurance.

Cupcake Decorating

Saturday 11a

\$90/4 classes

\$110/Non-Res

Cupcakes are the CRAZE! Learn the skill of icing, coloring, piping, and decorating. All supplies included.

Latin Dance

Saturday 12-1p

\$28/monthly

\$35/Non-Res

Learn various form of Latin dance including Salsa, Merengue, Cumbia, & Bachata. Tap into your inner rhythm and learn to dance!

Additional Classes & Locations

Tai Ji, Jason Leung

Sugar Land Community Center

When: Wednesdays, 3-530p

Ages: 18 & up

Free, donations accepted

832.567.2509

Duplicate Bridge, Sue Williams

Certified ACBL Director & Teacher

First Colony Community Center

Tuesdays, 9-1230-p

2nd, 4th, & 5th Thursdays 1-430p

Price: \$4 per game

281.980.9588

Tai Chi, Skip Jarret, C.I.

Sugar Land Community Center

Wednesdays, 7p

Price: \$7 per class

Lynn Perrinne, C.I.

When: Friday, 10a

Ages: 12-Adult

Price: \$12 per class

Karate

September 13 - December 6

Eldridge Park

Wednesdays

6-7p New Students (5-12yrs)

7-8p Advanced (5-12 yrs)

8-9p Teens & Adults (13-70yrs)

Price: \$45 per session

Tutors 'R Us

NEW! After School Enrichment Program – Math and Science have never been so fun!!

Ages 5-13

Monday- Thursday 3-5:30p

August 22nd – December 15th

Cost: \$ 125/weekly or \$1,912.50/semester (10% discount)

The program will be conducted with the first hour in the gym for “fun interactive learning.” We will customize activities for each grade level. These activities will be athletically driven with concepts such as baseball, basketball, soccer, and motor skill games to be combined with a math and science flavor.

The second and one half hour will be devoted to homework assistance and math/science reviews with students. Also, we will be providing study skills and test taking techniques, as well as hands on competitive activities involving math and science.